

Audience Poll:

Does your city have an existing employee well-being program?

Cities for Workforce Health Grant Program

Lessons learned for your
employee well-being program

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INTRODUCTIONS



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Cities for Workforce Health

League of CA Cities, League Partners Program



WELL-BEING AT WORK



“Well-being is the ability of individuals to address normal stresses, work productively, and realize one’s highest potential. Research shows that employees in good health are more likely to deliver optimal performance in the workplace.” (CDC)

WELL-BEING PROGRAM CHALLENGES



- Staff turnover/morale
- Identifying wellness lead
- Meeting needs of employees
- Location
- Funding

WELL-BEING PROGRAM BEST PRACTICES

- Leadership support
- Designated point person
- Wellness committee
- Communications strategy
- Policies/environment
- Budget for wellness
- Goals and objectives



CITY EXAMPLES - City of Upland



- **2021 Cities for Workforce Health Grantee**
- **Formed a Wellness Committee that meets monthly**
- **Monthly Wellness Campaigns**
 - Mental Health Awareness Month in May
 - Financial Fitness in June
 - “Water you waiting for?” in July
- **Colorful Choices (healthy eating) Online Challenge in July-August 2021**
- **Success:**
 - They added \$5,000 Wellness Budget for following year
 - Awarded American Heart Association Workplace Health Achievement Index Bronze Level Recognition



CITY EXAMPLES - City of Napa

- **2022 Cities for Workforce Health grantee**
- **Wellness Committee Name:** NEWFIT
(Napa Employee **W**ellness and **FIT**ness)
- **Program Goal:** The City of Napa's wellness program is to provide resources to create a work, health, and life balance for all employees.
- **Mission statement:** The City strives to establish and maintain a culture of health in our workplace by encouraging activities and habits that contribute to a healthy lifestyle.

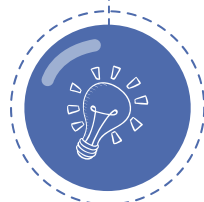


RESOURCES

[Kaiser
Permanente
Thrive at Work](#)



[Starting a
Workforce
Well-being
Program toolkit](#)

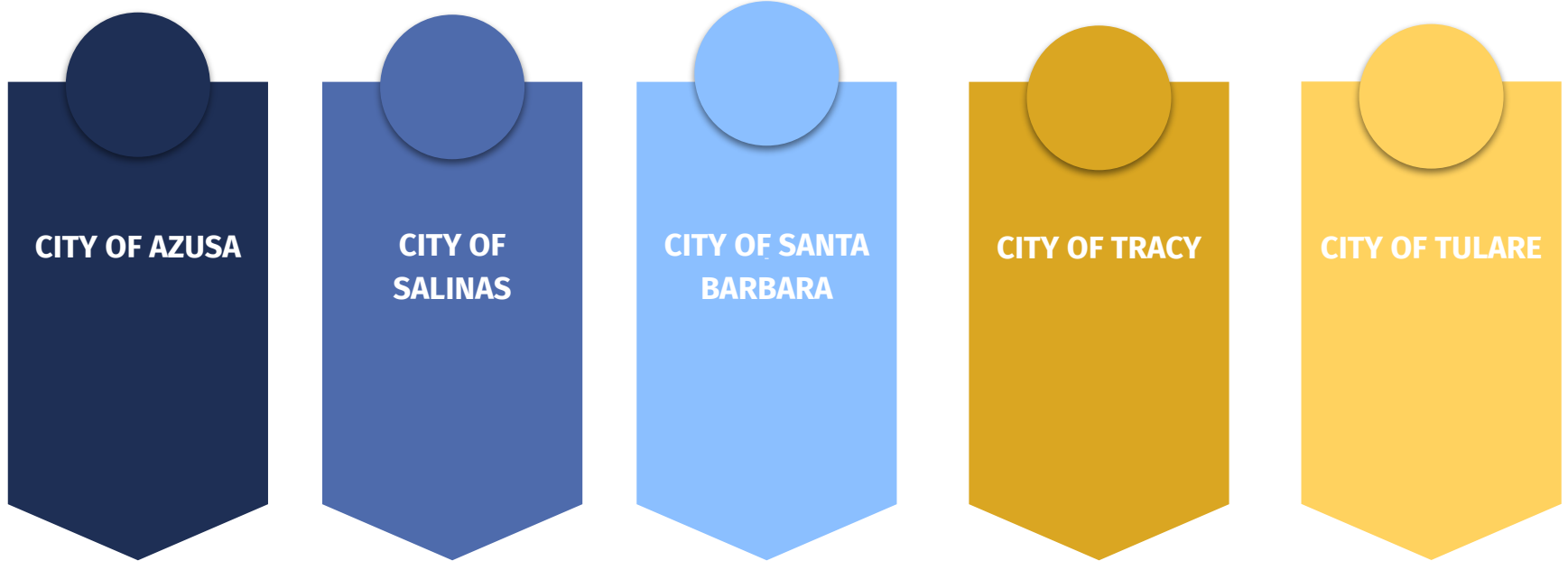


[Keenan](#)



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CONGRATULATIONS TO THE 2023 GRANTEES



**35 applications were submitted this year.
Be on the lookout for applications in May 2023 for the 2024 grant year!**

Audience Poll:

What's one thing you plan to take back to your city to support employee well-being?

Q&A

CONTACT INFO

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APPENDIX

- **Wellness Council of America (WELCOA)** - <https://www.welcoa.org/>
- **HERO Scorecard** - <https://hero-health.org/hero-scorecard/>
- **American Heart Association - Well-being Works Better** - <https://www.heart.org/en/healthy-living/company-collaboration/well-being-works-better>
- **CDC Workplace Health Promotion** - <https://www.cdc.gov/workplacehealthpromotion/>
- **CityHealth** - <https://www.cityhealth.org/>